

## BODY MEASUREMENT GUIDE



Welcome to VariantWear.

This guide provides instructions, for both women and men, on how to take your body measurements.

Designing your custom tailored shirt has never been easier – all it takes is three steps:

1. Go to **[www.variantwear.com](http://www.variantwear.com)** and design your shirt(s)
2. Provide us with your body measurements or the measurements of your best fitting shirt
3. Place your order and we take care of the rest

Our goal is to create your go to destination for custom tailored shirts by offering a seamless experience with the largest variety of design options.

Welcome once again to VariantWear.

## WOMEN'S BODY MEASUREMENTS

### NECK

Measure around the lowest part of your neck with one finger between the measuring tape and your neck to ensure that the measuring tape is not too tight.



### CHEST WIDTH

Measure the distance between the points where your arms meet your torso.



## CHEST

Standing in a relaxed position, measure around the widest part of your chest with one finger between the measuring tape and your chest. Ensure that the measuring tape is parallel to the ground.



## LENGTH TO CHEST

Measure from the top of your shoulder (at the point where your shoulder and neck meet) to the level where you took your chest measurement.



## WAIST

Standing in a relaxed position, measure around your waist just above your belly button with one finger between the measuring tape and your waist. Ensure that the measuring tape is parallel to the ground.



## LENGTH TO WAIST

Measure from the top of your shoulder (at the point where your shoulder and neck meet) to the level where you took your waist measurement.



## HIP

Keeping the measuring tape parallel to the ground, measure around the widest part of your hips with one finger between the measuring tape and your hip.



## LENGTH TO HIP

Measure from the top of your shoulder (at the point where your shoulder and neck meet) to the level where you took your hip measurement.



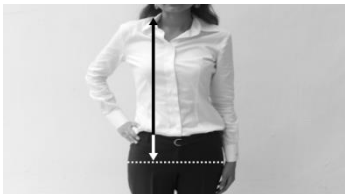
## SEAT

Measure around your seat at the widest part with one finger between the measuring tape and your seat. Ensure that the measuring tape is parallel to the ground.



## LENGTH TO SEAT

Measure from the top of your shoulder (at the point where your shoulder and neck meet) to the level where you took your seat measurement.



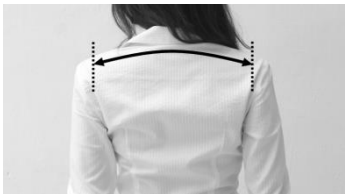
## SHIRT LENGTH

Measure from the top of your shoulder (at the point where your shoulder and neck meet) to the point where you want your shirt to end (usually at the level of your thumb joint).



## SHOULDER WIDTH

Measure across your shoulders, which are the points directly above your armpits.





## ARM LENGTH

Keeping your arm slightly bent, measure from the point of your shoulder where you took the shoulder width measurement to the point where your forearm meets the palm of your hand.



Because your arms may be of slightly different lengths, take the average of both arms.

## LENGTH TO ELBOW

Keeping your arm slightly bent, measure from the point of your shoulder where you took the shoulder width measurement to your elbow.



## SHORT SLEEVE LENGTH

Measure from the point of your shoulder where you took the shoulder width measurement to where you want the short sleeve to end.



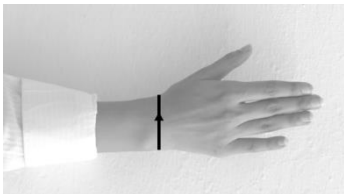
## BICEP

Keeping your master arm by your side, measure around your bicep at the widest part of your arm with one finger between the measuring tape and your bicep. Ensure that the measuring tape is parallel to the ground.



## WRIST

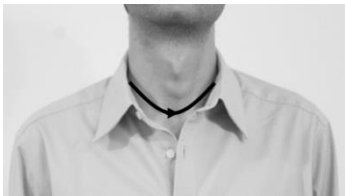
Measure around your wrist bone with one finger between the measuring tape and your wrist bone. For those who wear watches, you can enter in two different wrist measurements to account for the thickness of your watch.



## MEN'S BODY MEASUREMENTS

### NECK

Measure around the lowest part of your neck with one finger between the measuring tape and your neck to ensure that the measuring tape is not too tight.



### CHEST

Standing in a relaxed position, measure around the widest part of your chest with one finger between the measuring tape and your chest. Ensure that the measuring tape is parallel to the ground.



## WAIST

Standing in a relaxed position, measure around your waist just above your belly button with one finger between the measuring tape and your waist. Ensure that the measuring tape is parallel to the ground.



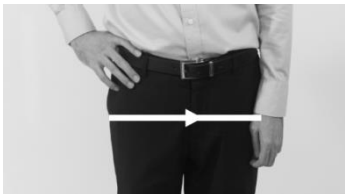
## HIP

Measure around the widest part of your hips with one finger between the measuring tape and your hip. Ensure that the measuring tape is parallel to the ground.



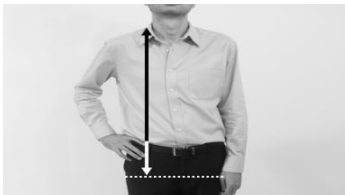
## SEAT

Measure around your seat at the widest part with one finger between the measuring tape and your seat. Ensure that the measuring tape is parallel to the ground.



## SHIRT LENGTH

Measure from the top of your shoulder (at the point where your shoulder and neck meet) to the point where you want your shirt to end (usually at the level of your thumb joint).



## SHOULDER WIDTH

Measure across your shoulders, which are the points directly above your armpits.



## ARM LENGTH

Keeping your arm slightly bent, measure from the point of your shoulder where you took the shoulder width measurement to the point where your forearm meets the palm of your hand.



Because your arms may be of slightly different lengths, measure both arms and take the average measurement.

## LENGTH TO ELBOW

Keeping your arm slightly bent, measure from the point of your shoulder where you took the shoulder width measurement to your elbow.



## SHORT SLEEVE LENGTH

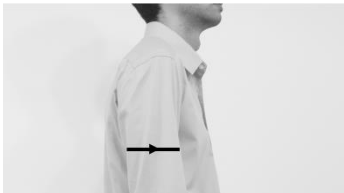
Measure from the point of your shoulder where you took the shoulder width measurement to where you want the short sleeve to end.





## BICEP

Keeping your master arm by your side, measure around your biceps at the widest part of your arm with one finger between the measuring tape and your bicep. Ensure that the measuring tape is parallel to the ground.



## WRIST

Measure around your wrist bone with one finger between the measuring tape and your wrist bone. For those who wear watches, you can enter in two different wrist measurements to account for the thickness of your watch.

